



Military and Veteran Resiliency Medicine Summit

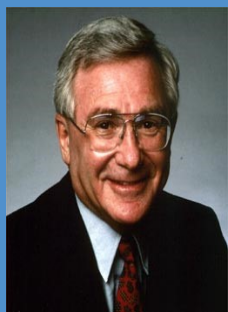
A CONTINUING EDUCATION CONFERENCE FOR
HEALTH CARE PROFESSIONALS

Thursday February 25 - Friday February 26, 2016

*Naval Medical Center San Diego
San Diego, California*



KEYNOTE SPEAKERS



*Herbert Benson, MD
Harvard Medical School*



*Deepak Chopra, MD
The Chopra Foundation
UC San Diego*



*CAPT(ret) Kevin Berry, MD
Samueli Institute*



*COL Richard P. Petri, MC
William Beaumont Army
Medical Center*

Presentations Thursday, February 25

- Current integrative health initiatives in the DoD
- Mindfulness and Resilience
- Relaxation Response
- Poster Presentations

Presentations Friday, February 26

- Self Awareness is the Key to the Future of Well-Being
- Exercising Leadership: Turning in Sharply
- Gratitude and Well-Being
- Implementation of mental skills training

No cost to attend

VTC webinar access will be provided for VA/DoD health care

Education credits: 16 CME hours for in person and virtual attendance

Registration: <http://tiny.cc/resiliencysummit>

For more information contact: USN.NMCSD-Resiliency@mail.mil



INTRODUCTION

Summit Overview

Evidence supports the use of various self-care health practices and their positive effects on emotional and physical resilience. This training event is designed to highlight best practices, cutting-edge research and develop new skills in mind-body medicine with a goal of improving integration of these disciplines into the care provided to our service members, veterans and their families.

Purpose

Equip healthcare providers who treat active duty military and veterans and their families with resiliency tools with the highest evidence base.

This event was created out of a recognized need for further expertise in this area based on the many health sequelae from the recent war period. We hope to make it a regular event.

Objectives

1. Understand the role mind-body medicine plays in developing emotional and physical resiliency and well-being in military personnel and veterans.
2. Be familiar and have experience participating in various established mind-body medicine modalities.
3. Discuss current best practices and cutting edge research in mind-body medicine and its integration within military and veteran medicine.

Target Audience

Military and civilian healthcare leaders, researchers, practitioners and other professionals who have an interest in providing optimal healthcare to our service members, veterans and families.

Course Directors

CDR Jeffrey Millegan, MD MPH FAPA
Naval Medical Center San Diego

Paul J. Mills, PhD
UC San Diego

Laura Redwine, PhD
UC San Diego and VA San Diego Healthcare System

LCDR Marlo Narro
Naval Medical Center San Diego

Mojgan Jahan, PsyD
Naval Medical Center San Diego

CAPT David Oliver
Naval Medical Center San Diego

Helen Metzger
Department Head, Health and Wellness Naval Medical Center San Diego



Keynote Speakers

Herbert Benson, MD, Professor of Mind-Body Medicine, Harvard Medical School, and Founder of the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital and Beth Israel Deaconess Medical Center.

Deepak Chopra, MD, FACP, Founder of The Chopra Foundation and Co-founder of The Chopra Center for Wellbeing, Clinical Professor of Family Medicine and Public Health, UC San Diego, and author of more than 80 books which have been translated into over 43 languages, including 22 New York Times bestsellers.

CAPT(ret) Kevin Berry, MD, Vice President for Military Medical Research at the Samueli Institute. Dr. Berry most recently served as the medical research and development portfolio manager for the expeditionary medicine thrust area U.S. Air Force Medical.

COL Richard P. Petri, MC, Chief of Physical Medicine and Integrative Health Services at the William Beaumont Army Medical Center, Fort Bliss, Texas.

Accreditation

Education Credits: 16 CME hours for in-person and virtual attendance

VTC: Will provide webinar access to VA/DoD healthcare community

Disclosures

Commercial Support

This course is supported, in part, by educational grants from industry, in accordance with ACCME accreditation Standards for Commercial Support. At the time of printing, a complete listing of commercial supporters was not available. Appropriate acknowledgement will be given to all supporters at the time of the educational activity.



*Naval Medical Center
San Diego Mind-Body
Medicine*



*UC San Diego
Center of Excellence for
Research and Training in
Integrative Health*

Speakers

CAPT Acosta, MD

Commanding Officer
Naval Medical Center San Diego

CDR Jeffrey H. Millegan, MD, MPH

Head, Mind Body Medicine Naval Medical
Center San Diego

Herbert Benson, MD

Professor of Medicine, Harvard University,
Massachusetts General Hospital

COL Richard P. Petri, MC

Chief of Physical Medicine and Integrative
Health Services, William Beaumont Army
Medical Center

Stephanie Taylor, PhD

Associate Director, HSR&D Center, VA
Greater Los Angeles Healthcare System

Sean Grant, DPhil

RAND Corp

Lara Hilton, MPH

RAND Corp

Margaret Maglione, MPP

RAND Corp

Colleen Mizuki, Yellow Ribbon

Reintegration Program, Former Director of
Training, Mind Fitness Training Institute

GySgt (ret) Chris Dixon**Laura Redwine, PhD**

Associate Professor of Psychiatry, UC San
Diego, and VA San Diego Healthcare System

John Denninger, MD PhD

Harvard University, Massachusetts General
Hospital

Jill Bormann, PhD RN

Professor of Nursing, University of San Diego
and VA San Diego Healthcare System

Julie Kinn, PhD

National Center for Telehealth and
Technology

Paul J. Mills, PhD

Professor of Family Medicine and Public Health
Professor of Psychiatry, UC San Diego

Deepak Chopra, MD

Chopra Center for Wellbeing,
Clinical Professor of Family Medicine and
Public Health, UC San Diego

Kevin Berry, MD

Vice President, Samueli Institute

Jason Jameson, PhD

Naval Health Research Center

Chris Demuro, PhD

Naval Health Research Center

Valerie Rice, PhD

Army Research Laboratory, San Antonio,
TX

David Kearney, MD

VA Puget Sound; Professor of Medicine
University of Washington School of
Medicine

Marek Kopacz, MD, PhD

VISN CoE for Suicide Prevention,
Canandaigua, NY

Keri-Ann Laurito

NMCSD Mind Body Medicine Yoga
Instructor

Fay McGrew

Naval Medical Center San Diego Mind
Body Medicine Qigong Instructor

Sara Schairer

Compassion Cultivation Trainer

Dan Halpain

Holistic Health Work & The Veterans
Medical Research Foundation

Steven D. Hickman, PsyD

Professor of Psychiatry, Executive
Director, UC San Diego Center for
Mindfulness

AGENDA

Military and Veteran Resiliency Medicine Summit

Thursday, February 25, 2016

Friday, February 26, 2016

0715-0800 **Breakfast**

0800-0820 **Welcome Remarks**

CDR Jeffrey H. Millegan, MD, MPH, Head, Mind Body Medicine, Naval Medical Center San Diego
Paul J. Mills, PhD, Professor, UC San Diego

0820-0910 **Relaxation Response**

Herbert Benson, MD, Professor of Medicine, Harvard University, Massachusetts General Hospital

0910-1000 **Current integrative health and healing initiatives in the C2C6WSF WfawWwW**

COL Richard P. Petri, MC, William Beaumont Army Medical Center, Fort Bliss, Texas

1000 1010 **Break**

1010-1145 **Mindfulness-based Interventions for Mental Health and Chronic Pain: Evidence & Clinical Applications**

Stephanie Taylor, PhD, Sean Grant, DPhil, Lara Hilton, MPH, Margaret Maglione, MPP, RAND

1145-1245 **Lunch**

1245-1335 **Mindfulness-based Interoceptive Practices for Enhanced Resilience**

Colleen Mizuki, Yellow Ribbon Reintegration Program, Former Director of Training, Mind Fitness Training Institute, GySgt(ret) Chris Dixon

1335-1400 **Tai Chi and Well-Being in Military Veterans**

Laura Redwine, PhD
Associate Professor of Psychiatry, UC San Diego, Veterans Affairs San Diego Healthcare System

1400-1430 **Genetics and Relaxation Response**

John Denninger, MD PhD
Harvard University, Massachusetts General Hospital

1430-1440 **Break**

1440-1520 **Spiritually Enhanced Mindful Strategies for Symptom Management: The Mantram Repetition Program**

Jill Bormann, PhD, RN, Professor of Nursing, Veterans Affairs San Diego Healthcare System

1520-1610 **Mobile Health Resource to Promote Military and Veteran Resilience**

Julie Kinn, PhD
National Center for Telehealth and Technology

1620-1730 **Poster Presentations**

0715-0800 **Breakfast**

0800-0810 **Opening Remarks**

CDR Jeffrey H. Millegan, MD, MPH, Head, Mind Body Medicine, Naval Medical Center San Diego
Paul J. Mills, PhD, Professor, UC San Diego

0810-0910 **Self Awareness is the Key to the Future of Well-Being**

Deepak Chopra, MD, Chopra Center for Wellbeing, Clinical Professor of Family Medicine and Public Health, UC San Diego

0910-0950 **Exercising Leadership: Turning in Sharply**

Kevin Berry, MD, Vice President
Samueli Institute

0950-1000 **Break**

1000-1030 **Best Practices in the Implementation and Evaluation of Mental Skills Training**

Jason Jameson, PhD and Chris Demuro, PhD
Naval Health Research Center

1030-1100 **Exploring Mindfulness Meditation in the 3D Virtual World and In-Person**

Valerie Rice, PhD
Army Research Laboratory

1100-1145 **MBM at NMCS**

CDR Jeffrey H. Millegan, MD, MPH, Head, Mind Body Medicine Naval Medical Center San Diego

1145-1245 **Lunch**

1245-1330 **The Potential of Compassion-Based Interventions for PTSD Among Military Personnel**

David Kearny, MD
VA Puget Sound; Professor of Medicine University of Washington School of Medicine

1330-1410 **Spirituality and Resiliency: The Example of the Chaplaincy Services**

Marek Kopacz, MD, PhD
VISN CoE for Suicide Prevention, Canandaigua, NY

1410-1420 **Break**

1420-1450 **Gratitude and Well-Being in Military Veterans**

Paul J. Mills, PhD
Professor of Family Medicine & Public Health, and Psychiatry, UC San Diego

1450-1530 **Wrap-Up Discussion and the Way Forward**

CDR Jeffrey H. Millegan, MD

Friday, February 26, 2016

1600 -1800 Hands-On Skill Workshops (must register in advance)

Yoga

Keri-Ann Laurito - Naval Medical Center San Diego Mind Body Medicine Yoga Instructor
CAP - 25 (Fellowship Hall)

Qigong

Fay McGrew - Naval Medical Center San Diego Mind Body Medicine Qigong Instructor
CAP - 40 (Classroom 5/6)

Compassion Meditation

Sara Schairer - Compassion Cultivation Trainer
CAP - 70 (Chapel)

Tai Chi

Dan Halpain - Holistic Health Work & The Veterans Medical Research Foundation
CAP - 30 (Outside)

Mantram Repetition

Jill Bormann, PhD - University of San Diego, and Veterans Affairs Healthcare System San Diego
CAP - 25 (Classroom 2/3)

Mindful Meditation

Steven D. Hickman, PsyD - UC San Diego Center for Mindfulness
CAP - 248 (Freedom Hall)

Poster Presentations

Military and Veteran Resiliency Medicine Summit

1. Resiliency amongst Veterans in a VA Military Sexual Trauma and Interpersonal Trauma Clinic

Erica Vargas, Katie B. Thomas, Genevieve Quintard, Deyna Montes, Elia Ganon, Frankie Georgianna
Veteran Affairs San Diego Healthcare System, Mission Valley CA

2. Mind Body Medicine for Mothers-To-Be at NMCSO

Nicole Champagne, LCSW; Michelle Langmead, LCSW
Naval Medical Center San Diego, Social Work Department

3. Physical Expressions of Psychological Trauma: A Case Study Exemplifying the Mind-Body Connection

Genelle Weits, Ph.D.
Naval Medical Center San Diego, Department of Mental Health

4. Acupuncture Triage Strategies and Reported Efficacy in a Veteran Population

Susan E Trompeter, MD
Veterans Affairs San Diego Healthcare System, University of California San Diego

5. Yoga for VA patients with Chronic Low Back Pain

Erik Groessl, PhD
Veteran Affairs San Diego Healthcare System, University of California San Diego

6. Portable Meditation-Based Mantram Repetition Decreases PTSD Symptom Severity in Veterans with PTSD: A Demonstration Project

Jill E. Bormann, PhD, RN, FAAN
VA San Diego Healthcare System, Center of Excellence for Stress and Mental Health (CESAMH), University of San Diego Hahn School of Nursing, and Health Sciences/Beyster Institute of Nursing Research

7. Mantram Repetition Improves Mindfulness Awareness in Military Veterans with Posttraumatic Stress Disorder: A Randomized Trial

Jill E. Bormann, PhD, RN, FAAN
VA San Diego Healthcare System Center of Excellence for Stress and Mental Health (CESAMH), University of San Diego Hahn School of Nursing, and Health Sciences/Beyster Institute of Nursing Research

8. Clinical Case of Concurrent PTSD, Complicated Grief, and Moral Injury in an Active Duty U.S. Sailor

Derek M. Miletich, MD
Naval Medical Center San Diego, Department of Mental Health

9. Psychosocial Improvements Associated with Acupuncture Treatment in a Sample of Veterans with Gulf War Illness

Lisa Conboy MA, MS, ScD, and Christine W. Cronin DAOM, L.Ac.
New England School of Acupuncture, Pacific College of Oriental Medicine - San Diego

10. Development of Compassion Meditation as a PTSD Intervention for Veterans

Ariel J Lang, PHD, MPH
VA San Diego Healthcare System Center of Excellence for Stress and Mental Health (CESAMH)

11. Bridging Medicine and Meditation: Stress Reduction for Patients Undergoing Chemotherapy

Marlo Narro, LCSW, Benjamin Marks, LCSW, Ayesha Edwards, LCSW, Vanessa Raulston, ACSW, Yojana Khatiwoda, ACSW, Monica Dispenzieri, LCSW, OSW-C, Bernard Manschot, LCSW, OSW-C
Naval Medical Center San Diego, Social Work Department

Poster Presentations

Military and Veteran Resiliency Medicine Summit

12. Psychosocial and Occupational Factors Predicting Quality of Life among Treatment-Seeking Veterans with Posttraumatic Stress Disorder

Mayra A. Gomez P. , BA, Pia Heppner, PhD, Sanford Nidich, EdD, Robert Schneider, MD, Paul J. Mills, PhD, John Salerno, PhD, Carolyn Gaylord-King, PhD, Maxwell Rainforth, PhD, Thomas Rutledge, PhD
Veterans Medical Research Foundation, VA San Diego Healthcare System, University of California, San Diego, Maharishi University of Management Research Institution

13. Religiosity in Military Sexual Trauma Survivors: Differences in Posttraumatic Growth

Sara Russano, BA, Kauinohea C. Joy, Elizabeth Straus MA, Frankie Georgianna, Haig Pilavjivan, BA, Robyn L. Gobin, PhD, and Carolyn B. Allard, PhD.

University of California San Diego, Psychology and Neuroscience

14. Mind Body Medicine for Stress Resilience at NMCSD

Mojgan Jahan, PsyD, Marlo Narro, LCSW

Naval Medical Center San Diego, Department of Infectious Disease, Social Work Department

15. Effectiveness of a Perinatal Support Group in a Military Population

Ashley Clark, MD; Nicole Champagne, LCSW

Naval Medical Center San Diego, Department of Mental Health, Social Work Department

16. CoQ10 Benefits Gulf War Illness – Implications of Military and Veterans Resiliency

Alexander Fung

University of California San Diego, Department of Medicine

17. Changes in Resiliency and Mental Health Symptoms in a Sample of Military Mental Health Patients

Andrea L. Repp, MA, Jennifer Webb-Murphy, PhD, Eileen M. Delaney, PhD, Courtney A. Dempsey, MPH, Susan F. Fesperman, MPH, Steven K. Gerard, BA, Betsy J. Henderson-Grant, MA, Bonnie J. Nebeker, AA, Stephanie C. Raducha, BA, Scott C. Roesch, PhD, & CAPT Scott L. Johnston, PhD

USN Naval Center for Combat & Operational Stress Control (NCCOSC)

18. The Role of Psychological Inflexibility in Symptom Reduction during Exposure Treatment

Vasudha Ram, MPH, NCCOSC; Eileen Delaney, PhD, NCCOSC; Jennifer Webb-Murphy, PhD, NCCOSC; Bonnie Nebeker, NCCOSC; Steven Gerard, BA, NCCOSC; Jagruti Bhakta, PhD, NCCOSC; Alicia Baird, PhD, Naval Medical Center San Diego; Scott L. Johnston, PhD, CAPT, NCCOSC; Robert N. McLay, MD, PhD, Naval Center for Combat & Operational Stress Control

19. Mantram Repetition in a Military Mental Health Clinic

Shira M. Max, Psy.D.

Naval Medical Center San Diego, Department of Mental Health

20. Parenting Stress in Navy Families: The Importance of Spirituality and Social Support

Abigail M. Yablonsky, Ph.D.

Naval Medical Center Portsmouth

21. Mind Body Medicine Workshop for Staff to strengthen resiliency to stress

Lisa Hess, LCSW & Genelle Weits, Ph.D.

Naval Medical Center San Diego, Social Work Department, Department of Mental Health

22. Caregiver Occupational Stress Control Program: Promoting Psychological Well-Being of Navy Caregivers

Jean Fisak

Naval Center for Combat & Operational Stress Control

Poster Presentations

Military and Veteran Resiliency Medicine Summit

23. A Genetic Risk Factor for Major Depression and Suicidality Is Counteracted by Physical Activity

Marcus K. Taylor, Shiloh E. Beckerley, Emily A. Schmied, Nicole Henniger, Lisa M. Hernández, Gerald E. Larson, Douglas A. Granger, Biobehavioral Sciences Lab, Warfighter Performance Department, Naval Health Research Center, San Diego, CA. School of Exercise and Nutritional Sciences, San Diego State University, San Diego, CA. Institute for Interdisciplinary Salivary Bioscience Research, Arizona State University, Tempe, AZ. Johns Hopkins School of Nursing and Bloomberg School of Public Health, Baltimore, MD.

24. Evaluation of the National Acupuncture Detoxification Association protocol to treat Combat Stress Induced Insomnia

Christine W. Cronin DAOM, L.Ac. and Lisa Conboy MA, MS, ScD
Pacific College of Oriental Medicine, San Diego, New England School of Acupuncture

25. High performance in sensorimotor gating tasks associated with resiliency to combat PTSD

Risbrough, V.B., Acheson, D.T., Baker, D.G., Neivergelt, C., Yurgil, K., Geyer, M.
University of California San Diego, San Diego Veterans Affairs Health Services